

**An Evaluation of the  
PhunkyFoods Programme in  
Primary Schools in Halifax**

**The Research Team**

The Institute of Health and Wellbeing at Leeds Metropolitan University is doing the research.

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We hope you feel you can contribute to this project.

If you have any questions please contact us using  
the details above.

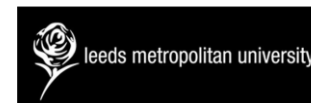
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*Information sheet for  
teaching staff*

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## The PhunkyFoods Programme

Leeds Metropolitan University have been asked to evaluate the acceptability and effectiveness of a healthy lifestyle educational programme called PhunkyFoods.

The PhunkyFoods Programme is an early years and primary school programme of healthy lifestyle curriculum activities, lesson plans and resources. The programme team provide teaching staff with the training and resources to deliver healthy lifestyle activities and lessons so children learn about healthy foods and physical activity in a fun and positive way. It helps to deliver a flexible whole-school approach to healthy lifestyles via classroom, breakfast club or after school club activities and aims to engage all pupils and their families in promoting healthy behaviours.

Six primary schools were selected from Halifax of which three schools were randomly selected to receive training from the programme team to deliver the PhunkyFoods programme; they have been delivering the programme since September 2012. The remaining three schools act as the 'control' schools i.e. they do not deliver the PhunkyFoods programme but continue with their usual activities related to diet and physical activity. For our evaluation we want to find out:

- The effectiveness of the programme on pupil's knowledge and behaviours related to healthy eating and physical activity
- Impacts on psychological well-being e.g. self-esteem and body image
- The impact of the programme on teaching practice, academic effectiveness on pupils, pupil behaviour and attendance.

- Effectiveness of the programme on the whole school environment e.g. policies and curriculum
- The effectiveness of the programme on school food provision and the wider community
- The sustainability of the programme

You have been invited to take part in this study so please take time to read this information sheet. Ask us if anything is not clear or if you would like more information.

### Why have I been chosen?

You have been chosen because you are a member of teaching staff for Year 2 or 4 pupils in the schools that are taking part in the evaluation.

### What does taking part involve?

Taking part involves an interview with one of the research team which should last around 30 minutes. Teaching staff will be asked about any healthy lifestyle teaching delivered at the school to pupils, training to deliver this teaching, and any effects on pupils' knowledge and attitudes to diet and physical activity, behaviours and attendance. Head teachers will also be asked about healthy initiatives delivered at the school and the curriculum and school policies relating to nutrition and physical activity.

### Do I have to take part?

Taking part is voluntary. It is up to you to decide whether to take part. If you decide to take part then please return the consent form in the envelope provided

### What are the possible risks and disadvantages of taking part?

It is not anticipated that there should be any risks from taking part.

### What are the possible benefits of taking part?

We hope that the interviews will help us to find out how effective the programme has been for the children involved and the school.

### What will happen to the information?

All information will be stored safely and **only** the researchers at the University will have access to it. Anything that is said during the interview is strictly confidential. This means that ***your name will not be used at any point***. Any comments, quotes or experiences used in reports will be anonymous.

The results of the study will be used in a report to be given to the PhunkyFoods Programme team. Journal papers will be written and the results shared with other education and health professionals.

### Who is doing the research?

The Institute of Health and Wellbeing at Leeds Metropolitan University is doing the research. We're working with the Phunky Foods Programme team.

### How do I take part?

Follow these three quick-and-easy steps:

1. Read this information sheet
2. Please fill in the consent form if you wish to be interviewed
3. Please return the form in the envelope provided

### Any questions?

Please feel free to contact us using the details overleaf.

We do hope you feel you can contribute to this project.

